



Jamie Vos Love

**15 SACRED
CEREMONIES WITH**
Ayahuasca

15 Sacred Ceremonies with Ayahuasca

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To the many amazing teachers, healers, friends, sisters, brothers, clients, students, earth guides, spirit guides, angels, ascended masters and galactic guides who have supported my journey. To my wonderful partner. To my family.

I LOVE YOU ALL

"The reason we are all gathered here today dates back farther than you realize. This event has been predetermined by an Alpha species. The inquiry set forth is when. The why is not as important you will come to understand. Don't put your life in double jeopardy. You need to know that LIGHT will save you now. Go in peace and enjoy your bright new beginnings." Channeled October, 2021

It's our time

It's our time

It's our time

To remember what we are made of

So much love and light

Trigger Warning:

This book may include potentially triggering and/or sensitive material. Sexual abuse, spiritual beliefs, addiction and suicide are some topics mentioned.

Ascension: Channeled January 2010

The signs are everywhere. Not one thought goes unheard. Some signs subtle. Some more obvious. I'm listening too. I'm listening with my eyes. Listening with my mind. My challenge lies in my next move, for I am not sure what to do with the information I have received. I need to know. So I can listen with my soul.

I know a big change is in the horizon. What? How? Where? Why? So many questions in the beginning come down to one in the end. When? I'm waiting patiently for now. The time is coming and when it does, I'll be ready. How do I explain any of this? I can't. Nervous. Excited. Fortunate. Amazed. As I prepare for my ascent.

The time to share is now.

Dissect Me

Am I crazy or mystical? Am I overly sensitive or empathic? Am I neurotic or learning to master high frequency light waves? Am I dying or anchoring more light into my body? **I once questioned my mental health after being called crazy, bipolar and overly sensitive.**

Now I know the truth. I am a Messenger of Light and Hope, and so are you.

#mentallyhealthy

Awakening:

This may not be everyone's truth. It is mine.

The Earth is sick. She needs our help. We must bring our lives into balance to help ourselves and the planet.

I had an awakening dream in March of 2009 followed by an awakening experience on the summer solstice, June 21, 2009 at 11:11 AM. During my experience, euphoric waves of energy flowed through my body. It felt like I was floating, and I was completely sober. I felt a strong connection to nature and a oneness with the entire Universe. Everything that I had ever judged myself or others for was forgiven. A deep sense of clarity was present. The colors of the trees, the plants, the flowers and the sky looked more vibrant. No pain was present. I felt unconditional love for myself, everyone and everything. I felt enormous gratitude to be alive. A code within me was set to awaken on that day at that specific time.

I believe this is the energy we are working toward for the ascension of humanity, and I was provided with a little taste of what's to come. I know I am not alone. There are many others who have awakened this way. Before we bring Mother Earth back into balance, we must first bring ourselves back into balance. There is much work to do.

A few months after my awakening, I began to feel fierce anger for people who judged others, for people who caused damage to the Earth, and for people who were more interested in the material world than helping to better humanity.

I had an inner knowing that in order to play my role, I would have to take a good hard look at myself in the mirror. I struggled with decisions such as staying in a job when I was making good money or pursuing something with a deeper calling. At the time, I didn't realize I could have both. I was hungry for passion and excitement, but I had fear. After reflecting on who I had become, I decided I

had turned into a robot, was cut off from emotions and had at some point quit connecting with people I cared about (and perhaps people in general).

Simultaneously, while I was going through this period of introspection, I was receiving signs from the Universe and synchronicities that felt so magical; numbers, symbols, vivid dreams and messages. Some of the messages were clear such as an image of a beautiful tree from an awakening dream that led me on some amazing adventures. Other signs were more cryptic. It would take me nearly a decade to better understand Ascension and what some of the messages actually meant. I spent a lot of time trying to figure them all out at first, but in the end the messages would always reveal the truth at the time they were intended. All I could do was follow the ones that were more clear and obvious in each moment. On November 22, 2009, I decided I would quit my job by August 1, 2010 and move to Costa Rica and volunteer to work with children. I would start my plan by simplifying

my life and getting rid of most of my material belongings. Once I set the intention and put it out into the Universe, miracles began to occur. Everything fell into alignment. I received an unexpected large work bonus that was over \$20,000. Work became more enjoyable because I was able to slow down and relax more.

Unfortunately, I didn't always listen to the clear and obvious messages and learned some hard lessons. Before I left my job back then I was a workaholic. I was working nearly 80 hours a week in healthcare (ironically), not sleeping properly and I was on A.D.D. and unprescribed anxiety meds. I was trying to work a full-time job and run an independent record label. The label was the fun part. I enjoyed listening to demos and scouting. Fun fact. I would later discover that I unknowingly received a submission from Justin Bieber who ended up signing with a major label shortly after. A major label that I used to promote artists for back in the day. What a miss! LOL!

Despite the combo of overwhelm with a slice of fun, I kept hearing a message to slow down. I knew intuitively that I needed to reduce my work time and take better care of my health. I did not listen. I passed out from what would later be diagnosed as dehydration, and my housemate's girlfriend at the time found me. I had hit my head and was a bit confused. She took me to the E.R., which was less than 5 minutes away. All I would have needed to avoid that whole mess was fluid and rest. That's what happened in the E.R., I.V. fluids and sleep. Then I slept for almost 2 days straight. Instead of easing my way back in, I went directly to work and stayed late. It was literally the first day back in the office from the hospital, and I worked late. I pulled out of the office and within less than 2 minutes was in a car accident. Trust the nudges when they are gentle. The nudges grow louder when we ignore them, and sometimes Divine Intervention doesn't look at first glance like a blessing. I should not have

ignored the nudges, and it was a blessing to learn this lesson.

This is what it's like to be an addict. Despite the previous knowledge, experience and lessons, it would take even more work to break this pattern. Years of unraveling. This is when my Dark Night of the Soul began. In between the accident and my Dark Night of the Soul, I did move down to Costa Rica and work with children. It was a big deal at the time for me to leave a job with a six figure salary when I was in my twenties. I decided my heart was worth it. Another thing I quit was my A.D.D. medication (which turned out to be a temporary hiatus). I rested and played. I journaled. I traveled. I continued to channel prophetic messages. I experienced. I still had major anxiety over what the future held for me. I made a decision to return to the states for a relationship and did not have a plan. What would I do after Costa Rica? Would I have enough resources? Would I have to go back into the Corporate world? Could I possibly reenter the music industry without losing control to

drugs and alcohol? Was I making the right decision? The worries were endless. When I returned, at first things seemed wonderful. Until they weren't. I lost myself in fear, projections, anxiety and toxic pressure to control what was seemingly beyond my reach. I was manifesting with negative energy bringing down more wrath upon myself. I was also releasing a lot of energy at this time, and I did not understand that I was going through what I would later come to know as ascension symptoms. It felt like every part of me was dying, on the physical level first. I felt sick all of the time, and even sleeping was uncomfortable with the current of anxiety flowing through my body. I was concerned that I had multiple illnesses with the symptoms I was experiencing. I was scanned, poked, and tested by doctors on numerous occasions. I was still hanging on too tightly to stored emotions, and I was unknowingly experiencing ascension symptoms (Physical ascension helps us to anchor more light in our bodies and is very much a part of the process). I was having a fierce battle with older versions of myself

that no longer served me. In that time, a period of 7 years, I went through internal and external battles. I lost all of my money. When I say all of it. I truly mean that. At one point, I sold a guitar for food money. I failed at a new business venture. I lost my dad. I went back to the Corporate world. I had a Cancer scare. I was diagnosed with Hereditary Hemorrhagic Telangiectasia (HHT), a genetic disorder that causes abnormalities in the development of blood vessels which impacted several family members (Dad, Grandma, Siblings, Aunts, Uncles, Cousins). My sister's life was on the line during a major brain surgery to remove a cerebral AVM caused by HHT. I went through a gnarly break-up. I mixed drugs and alcohol. I fell to my knees.

What I had done was manifest my fears. My reality mirrored everything I feared most at the time. Abandonment. Heartache. Financial loss. Resentment.

I was suicidal, and this feeling had been off and on since a young age. When I was 35, I

finally sought out help after I took a cocktail of pain medicine, benzondines and alcohol and tried to slit my wrist. I passed out from the mixture before I could fatally wound myself. I woke up the next day with a headache, a burning knife wound, fogginess and disappointment. There were a number of times where waking up felt like a miracle. This time felt different though. There was a knowing that it wasn't my time, and I had more work to do (And Holy Shit was there more work to do)!

I needed help and for the first time was admitting that out loud. The Awakening Process is Not Always Pretty. Confusion, Depression, Isolation, Feeling Lost. To be fair, I did write in a journal years before this happened that I needed to detach from material to focus more attention on God. Well hot damn if that didn't happen!

A little glimpse of the journey before I knew what I know now:

11/20/11 (Training Wheels and Life's Metaphors)

Today I was not feeling a 100% after drinking more than usual the previous night. On my walk with the dogs, I noticed a nail on the sidewalk. I thought to myself, "I will be a Good Samaritan and pick that up on my way back." As I looked for the nail on the way back, I started finding one after another. By the time I walked back, I had an entire pocket full of nails. Yes, there was now a clear path for kids, adults and pets, but the interesting part is how thinking of the nail attracted more nails to me. A first glimpse at uncovering the law of attraction.

(Trying to figure out my Purpose) I feel lost. I have no idea what I should be doing, but I have faith the right way will be shown.

1/21/11 –(More Messages with Future Hints)
Night Terror tonight. Many ghosts in what felt like a castle. In it my partner's mom asked me what happened to me when I was a child. I didn't want to discuss it. **Then I heard I am supposed to empower women.**

11/24/11 – Every holiday is tough being in a same sex relationship. My partner isn't welcome on my side because of my parents' ignorance. I have to choose where to go, and I feel defeated (*this improved over the years).

11/29/11 (More Ascension Symptoms) Almost every morning I feel tingly when I wake up. I always have a heat sensation across my chest and there is a tingling/numbness in other parts of my body. Wake up for 3 hours or so each night. Can't sleep. Feels like electronic shocks running through my body. Feels like seizures.

11/30 /11 – (Emotions run wild) A run to clear my mind. Not feeling the usual positive loving energy that surrounds me every day, and I don't know why. Emotions continue to spiral out of control. A deeper sense of love, trust and faith, but the day to day is becoming increasingly more difficult. I feel like I'm going crazy. I know there is a deeper purpose, but the confusion remains. Frustrated.

12/2/11 - Dream (Back before I was aware of Christ Consciousness)

A man told me I had eyes like Jesus. I have no idea what this means. It reminded me to see the good in people versus the bad, not to judge, etc. which is how I've always been for the most part. Sometimes I catch myself slipping when fear and anxiety get the best of me. To me, it's a message to start seeing from your heart, a reminder to see the light in all dark situations.

12/4/11 (Stories of having to do too much. Spoiler alert. Another False Narrative that I could not see at the time)

I had a panic attack in the chaos. I was in a hurry, and life was in the way. My heart was beating out of my chest, and I started getting hot and couldn't breathe. Unable to think clearly. Feel anxiety. Do not understand why. Cannot figure out what to do. What I want. Have been off ADHD meds one year and am considering going back on them. Hate to do it, but I'm having trouble doing all the tasks I need to and trying to organize everything. I am hesitant to take meds because I don't feel like myself on them after a while, and I don't feel connected to the creative energy flow (On and off Adderall for another 7 years after this entry).

12/11/11 - Daily Acts of Love/Donations/Giving. Doing something nice every day. Meeting and learning about amazing people and their stories of synchronicities and manifesting. I enjoy learning about people I meet. Feeling inspired today. I feel it is up to me to push things forward with my intuition. Still learning how.

Journal Entry September 2015:

AM:

My mom is hurting. My dad is hurting. He has terminal cancer. My sister has HHT and needs help (this predates my own HHT diagnosis but does not impact the concern I felt and would continue to feel for her). I am jobless, near homeless and have made way too many

commitments and feel unstable. My heart wants to fix everyone's pain, but my mind can't figure out a solution. It bothers me. I feel so tired and weak. I do put others first, especially family. It is tough being in the situation I am in, and I just don't know what to do. I need help. I only hope this experience will help make me stronger and help me find my purpose.

PM:

And I looked intently at the River thinking HOW EASY it would be to jump from this bridge. And the screwed up thing is that I feel joy when thinking about it. I've been so close. I feel PAIN so STRONGLY. It's like I have this energy string tied to me. I can tell you exactly when my mom is anxious and many others without being in their physical presence. I've felt so stagnant and limited in my purpose. It consumes me. I'm so good at faking smiles. No one knows how depressed I am or maybe they do and do not mention it. Either way, I'm at my breaking point. I have felt nothing but a downswing and have quietly suffered. I get a text about my dad in pain, and I struggle. I cry. I fuck up. I turn to bad habits. I don't change. I feel disappointment in myself. I don't know how to fix it. HELP.

The Battle:

Sometimes it becomes so overwhelming, I lash out. Horrified at myself when the anger subsides. Sometimes I don't even remember it all happens so fast. My ego has not healed. I am still too quick to react. I am struggling with what's no good for me. Try. Fail. Try. Fail. Sober. Relapse. Sober. Strength. Sometimes I cry out for help. I'm screaming so loud inside but no sound comes out. Fake a smile. Don't want to bring anyone into the darkness with me.

A head full of past ghosts

A bucket full of sand

Pockets are empty

No one to hold my hand

I search for the sunshine

I search for the light

But my mind's a hot mess

It's dark, I'm terrified

Will I ever escape

The pain that I feel

It's so lonely in my head

The demons are so real

Channeled Rap (Give me a Beat)

*Too much noise in brain. Hard to discern
between illusion and reality. Thoughts of
paranoia, messing with personality. Ill intentions
or congeniality? Only saw the good in you and
missed warning signs flashing at me
systematically. Stop. Breathe. Take a dose. Pop
those pills when I need them most. Plus many
drinks without a toast. And yes I let you abuse
me most. Too proud to ask for help. Why?
Because I have the strongest of minds.
Because I can stop at any time. Rinse and
repeat. Defeat. Addiction. Be strong. Everything
feels so wrong. This path is too long. Somebody
throw me a rope before I lose all hope. Pause.
Choke.*

*This is who I was, but not who I am. I am a
lucky one, and I will help others see that
they are too.*

*Need to rise above
Dig deep down, find that tiny remaining
Light and hold onto it*

2016 Dream: I meet a guide on a train in Peru. He shows me a triangle with 3 dots. Inside is a storm. Beyond that are hearts representing love. He said that when I focus on the storm inside my head, I miss out on all the love that surrounds me everyday.

(Above from Pre-Aya Journal Entries).

I am now grateful for the life I created back then, even though it was a fear based reality in victim consciousness. I didn't appreciate it back then because I did not see the gift it was offering at the moment. The next chapter of my life was focused on healing. This is when the conscious shadow work began. Shadows come from unprocessed trauma. Six months of therapy working with a spiritual counselor really helped me dive into this work. And for the first time in years, it felt like a breakthrough.

This set the energy in motion for me to take an even deeper dive into Shadow work. I was on a mission to explore and transmute as much dense energy as possible, so I could live freely. The Universe then aligned me with another beautiful soul who played a massive

role in my healing journey. This good human encouraged me to share my gifts that I had previously shut down. I became inspired to pursue energy healing and to channel messages for others.

In retrospect, I had channeled since I was fairly young. I recall when I was a child talking to my Great Grandmother after she had passed and not fully understanding it. I had also seen quick flashes of people who had transitioned and had an inner knowing of who they were, a knowing that I could not explain. The highlight was maybe fourth or fifth grade when I was in Catechism classes. I remember channeling a rap about Jesus and going to town writing out the lyrics. The words were just flowing through me. My teacher didn't like this very much and sent me to the hallway to remain for the rest of class. I didn't understand what I was doing wrong. Another time our teacher asked who we knew who had passed away. I recall people raising their hands and mentioning various relatives. Well that day Queen Elizabeth I came through my

channel and that landed me another date in the hallway for disrupting the class who broke out in laughter. I remember doubting myself back then. I was so young and didn't quite understand it. I now find it hilarious, but I must have shut down at some point after that (still not a fan of organized religion that separates rather than connects people. Side note: I am also gay so that came with some family and Catholic shaming!). I am deeply grateful for the experience because it inspired me to keep my heart compass aimed at connecting with and loving all humans.

The reopening of my channel brought in much more than I ever could have imagined. I would get "visits" at all hours of the night. I had to learn how to protect my energy and how to set healthy spiritual boundaries with "business hours" for ghosts wanting to connect with loved ones. The visits were not limited to dead folks. I was channeling guides, ascended masters, the Angelic realm, Egyptian Deities and many other beautiful energies.

Then the ETs came. And let me tell you, I was scared of "aliens" nearly my entire life, most likely thanks to creepy episodes of *Unsolved Mysteries* and movies like *Fire in the Sky*. Fortunately, when I experienced a visit, I did not know it was an extraterrestrial. The first three encounters I had involved one being with blue skin. It was bald with eyes like ours and a nose and mouth. I assumed it was a male perhaps partly because of the baldness. Later I would discover it was female. Surprisingly I did not have fear, although I have to admit I wasn't quite sure WTF this was or what exactly was happening. The feelings I recall were confusion, curiosity and a calming, peaceful vibration. It was actually quite soothing. There were no words spoken the first few encounters. She just stood there and sometimes sat next to me. I remember one of the times I was actually on the phone with my then girlfriend (who was not only incredibly supportive but later encouraged me to come out of the spiritual closet) describing the first experience when the being appeared again in my bedroom and sat down near me. I was

bewildered. Finally the next day at work, I was reflecting on the experience and thought in my mind, what the heck was that being? I heard very clearly, telepathically, the words, "Andromedan." I had to google Andromedan, as I was not yet familiar with Galactic races. Over time I would discover I had an Andromedan past, and my new Blue friend was a guide I knew and have worked with for a long time named Pattoo. Andromedans are very loving.

Next I was approached by the Arcturians who have such a powerful, loving vibration. Connecting with their energy is like getting a warm heart hug that you feel throughout your entire body. From there came Cygnusians, Pleidians (who aided in my physical healing a number of times in what I considered miraculous ways with a technology perhaps we once accessed and have since forgotten), Lyrans, Sirians, Orions, Centaurians, Mantis, Blue Avians and the Galactic Federation of Light. I work with different energies for different purposes. It makes you feel small relative to the vastness of the cosmos and

humbled by the realization that there is so much more to learn. By the way, when disclosure happens. When humanity becomes fully aware that there is more beyond our world, many will question their own Faith. No matter what your religious or spiritual beliefs are, there is one thing we can all believe in. Love.

No matter how left field my world felt, I continued to focus on my spiritual development. During a Shamanic event, a girl who journeyed with me shared that a hummingbird symbol I had seen was connected with Ayahuasca. I had heard of Ayahuasca and had felt a calling to explore it prior to the journeying experience, so this was reaffirming for me. I then followed the signs within a channeled message that guided me to an episode of the Spirit Guides Radio podcast. They had a couple of guests who were discussing an upcoming plant medicine healing retreat in Sacred Valley, Peru. I knew immediately I had to be there.

I was nervous and excited. I was nervous because I knew I would have to crack open my "black box," which was a secret internal padded lockbox of all the fucked up memories of abuse and all the dark and beautiful things that frightened me to acknowledge. I was doing great with all of that junk hidden below the surface, wasn't I? Absolutely not. Even though I had made what I considered wonderful shifts and healing progress leading up to my first retreat, I had no idea how much density was still in my body. I was completely oblivious to how it had impacted nearly all of my relationships, my health and well-being. It caused me to freeze and silence my pain for years while it fueled inner turmoil, that of which was reflected in my external world. I could not speak the words I wanted to speak and connect the way I wanted to connect. I had a deep RESISTANCE to be SEEN. I could not fully love because I did not love myself. It turned out that I found myself pretty disgusting and had been punishing myself. I desired inner peace and true joy. Yes, there were many past life memories that later

surfaced around this healing too, but this lifetime held it's fair share (I have recalled many past life memories throughout my journey, and they are important to the healing journey too). This was going to be quite the adventure.

I am grateful for my Guides who continuously supported me through this process and who continue to do so today. My guides explained to me that I was learning from them, and they gave me the analogy of knowing how to put my hair up when it's hot. I know how to do that because someone here on Earth taught me. They are teaching me too. Just not in a physical form.

After moving through some resistance, a series of even bigger changes was about to unfold including a download of Light Language that came through my channel with the supporting energy of Archangels and Ancient Architects. I couldn't stop speaking the Light Language for nearly 30 minutes during the first transmission. I was 36 years old, and it reminded me of what a psychic once told me

(before I was doing this professionally myself). She said that everything would start to happen at age 36. I was only 30 at the time of the reading, and I was pissed. That seemed like forever away. She was right though. I signed up for the trip and officially opened my healing practice 6 years after the reading. I rented an office during the weekends, did psychic mediumship readings, energy healing and taught Intuitive Development and Psychic Mediumship classes. I worked in the Corporate world during the week. This would be a short-term situation. Very short-term. About a month after I rented the office in Ann Arbor, my guides would encourage me to quit my "big kid" job soon. The guidance happened in a way that was so incredible, there was no way I could *not* trust it. They said I was ready. They gave me a timeline of 6 weeks to finalize my exit. Whaaat! I didn't feel ready. Once again, I was guided to face my fears and take a leap of faith. I had only recently started my healing practice and certainly didn't have enough clients for full-time income.

Regardless, I had a deep trust and followed the call.

Within days of my last official day in Corporate, I was on my way to Peru.

Ayahuasca means vine of the dead or vine of the soul. It is made with Chacrana leaves and the Ayahuasca vine that do not grow anywhere near each other naturally. Long ago, a Shaman had a vision that these two combined would help bring great healing. The Ayahuasca has DMT and the Chacrana leaves carry a MAO inhibitor. You need both for visions. Prior to my first ceremony, I had researched Ayahuasca, but I totally missed the part where you purge. I am glad I did because back then that may have prevented me from going.

Ayahuasca is healing because it allows us to pull darkness out of our body and see it for the first time. Shadows come from unprocessed trauma and ancestral wounding. Typically, we are unaware of them. Once we are aware, we can work with them. We can then transmute to

light, and our capacity for doing this is amazing.

It's a path to direct revelation: It's true because I now know it's true, not because someone told me it was.

"When we are upset, it's easy to blame others. However, the true cause of our feelings is within us. For example, imagine yourself as a glass of water. Now, imagine past negative experiences as sediment at the bottom of your glass. Next, think of others as spoons. When one stirs, the sediment clouds your water. It may appear that the spoon caused the water to cloud - but if there were no sediment, the water would remain clear no matter what. The key, then, is to

identify our own sediment and actively work to remove it.”

~Josei Toda~

11/3/2018

Dear Great Spirit of Ayahuasca:

My intention is to learn and grow from you, to heal myself and to provide healing support to others. You have been calling to me for several months, and the time has finally arrived. Tomorrow I will sit with you. I'd like to work on barriers to love, limited beliefs, past traumas, karmic debt, and ancestral threads in need of clearing. I

desire to be confident, speak my truths, to trust and to continue working with my gifts. I wish to enhance my light body, raise vibration and connect with the frequency of joy. I am open to receiving any teachings and guidance you have planned for me in whatever form that appears.

With Gratitude and Love,
Jamie Vos Love

Ayahuasca Adventures:

**15 Ceremonies from 11/4/2018 to 6/22/2021
Sacred Valley, Peru & Dominical, Costa Rica**

11/4/2018 (Ceremony 1: Retreat 1: Sacred Valley, Peru)

A message from the medicine: "Don't resist me." Shown where I have resistance due to trying to control my environment. Worked with

me to surrender. This allowed more light to flow in.

Witnessed shadows coming out of others.

Shown Dissociation (DID) from trauma, sexual abuse. *(More on this in Ceremony 11)*

The Keys of the Universe. We hold them.

Began healing my own physical illness tied to family genetics.

Connected with the spirit of Shekinah (Divine Feminine aspect).

Enormous Gratitude for my gifts. Being in connection with my gifts will bring me prosperity and abundance.

Connected with my deceased Father. He requested that I share a couple messages with my mom where he was seeking forgiveness.

Ancestral forgiveness around abuse that began generations back. Healing process initiated.

Shown image of my mom and glimpses of her pain and trauma from her childhood.

Shown that my Aunt witnessed a significant event that impacted my life. I blocked it out. Encouraged to further explore.

Shown how it feels to exist without time. The experience of everything happening at once perceived from a level of higher consciousness.

Shown how in higher dimensions we can observe millions of experiences happening simultaneously. The best way I can describe this experience would be as if you had TVs all around you on at the same time, and without having to turn your head to tune into a particular set, you had an awareness of every detail and event that was occurring simultaneously.

Given a message that knowledge is not important in the way most of society values it. It's so much bigger. We have much to learn.

Shown the Light Language I downloaded over the Summer of 2018 prior to my plant medicine journey was a language of my Ancestors. Connected with the Spirit of Nefertiti.

Shown it would be beneficial to my energy to disconnect from my ex romantic relationships. The Spirit of the Medicine guided me away from the past and back to my present healing journey. I felt gratitude for this guidance.

I allowed the pain and fear from the past to transmute to light (I would later discover this happens over time in layers, so this was only a layer of a bigger density being transmuted). I felt surrounded by warm and loving energy after this shed. It was a very beautiful experience.

God is within us. We are Divine Creators.
Manifesters. Nothing exists outside of us.

**11/5/2018 (Ceremony 2: Retreat 1: Sacred
Valley, Peru)**

Purged more Anxiety and Fear. A recurring theme of forgiving myself and others. Moving through darkness with the light that is always present, yet more subtle at times. I am remembering how to access it no matter what the circumstances are that come into my field. It's always there, even in the darkest moments. I felt this loving and warm presence that I had lost touch with, even though the desire to always return to love when it felt dark and heavy was present. I had to learn to always access it, to really feel it, even when it felt faint at times.

Desire to help my sister heal after her brain surgery, and to heal HHT.

Purged more heavy energies to help more easily access light. After the purge lessons continued quite rapidly. I was shown from the point of view of a witness to my shadows in a very loving manner. I was then invited to have a second serving of Ayahuasca within the same ceremony. I had already felt so nauseous that I did not want to do it. I decided not to and then spent time judging myself and getting stuck in a thought loop of whether I made the right decision. Should I have taken that second serving? Am I bypassing an experience? The thought loops continued. And then the lesson hit me. The time I spent trying to figure out if I did the right thing was the lesson. I needed to get out of my head, as I often get stuck in the thought loops. I needed to redirect the energy to the heart. There wasn't a right or wrong answer, so all of the worry was simply a waste of energy. Getting out of my head to sum it up.

Whale spirit, which is my Power Animal, showed up for support. Showed me a Rainbow Heart.

Connected with the Andromedans and one of my main Andromedan guides. Worked with me to explore intimacy on deeper levels between humans. Showed me how to let go of blocks around intimacy and how to hold space while always staying connected to light.

Transitioned from Andromedans to Arcturians. Had to increase vibration by focusing on love energy to arrive. Arcturians continued to show lessons of other ways I get stuck in my head. Entered a spaceship very briefly.

Connected with Christ Consciousness and how to access. It already resides within. We can always tap into this energy, the energy of compassionate wisdom, and we can help others to do the same by staying in our light.

Shown multiple past life connections with present people, how we knew each other in the

past and whether there was present healing to explore.

Shown there is evidence of E.T.s buried in West Africa near the Serengeti.

Surrounded by more love. It's all around.

Connected with my cousin who had recently passed. *I will never forget the message I heard from her days after her transition. The message was very profound, and I believe it is to be shared with all. Her advice to the living, "Let Love Open Our Eyes."*

How to deal with worry. The Key is to trust that all is well, and so it is and will be.

Allowed me to access ancient wisdom and secrets of the Universe. This was a brief moment where I opened some sort of portal that would later present portions of the information during integration. It was very beautiful this place where I traveled, and I was told it was very sacred. There was a feeling of subtle danger that felt more like I

had to develop deeper understandings of other knowledge to fully grasp the data. I had to remain partially grounded/anchored to Earth while my Astral body traveled to higher dimensions.

The Arcturians showed me that I had too much density in my body. I was concerned my brother did too. I wanted to help him and my sister.

A reminder from an Ascended Master to keep vibrations high. Feeling very blessed. Image of Eagle.

Felt deeply connected to Mother Earth and Shaman roots.

A part of the ceremony showed me horses in Galveston would be in need of human assistance. There weren't many details around this, only that more would surface at a later time.

Song Lyrics coming through Ceremony: "Come little Children. Gather all the People. Come little Children. Gather all the People."

Pre and Post ceremony notes/reminders:

Don't become trapped in Ego, meaning Trust versus trying to figure everything out. The truth always reveals itself when it's time.

11/7/2018 (Ceremony 3: Retreat 1: Sacred Valley, Peru)

Experienced Death 1,000x for self, past and ancestors and for karma I brought from my other home. Feeling lighter in my body.

I did both bad things in past lifetimes and good things that I was killed for as a result. I was a Nazi. I felt like I realized this was wrong during the time, and I apparently shot my own team of soldiers. In another life, I was burned at the stake for speaking my truth.

Had to let go for a rebirth. There was so much pain, darkness and noise in my brain.

TIME DOESN'T EXIST OUTSIDE OF YOURSELF. This message on repeat.

They kept reminding me:

"Don't you remember why you came?

Don't forget to breathe.

You told us all of this before (Because I planned it this way).

Don't you remember who you are?

I kept saying I was Jamie, but I felt like I was lost and wasn't sure if I would come back as me. In between life and death.

Even though I felt lost, at the same time I knew I would be okay and eventually laugh about it.

Kept hearing, "AND IT'S OKAY!" (Soul coming back to Earth).

They said sorry I had to take on all of this, it wasn't mine to hold. Let it go.

My heart began to reconnect to body and mind.

Released layers of self-doubt, fear, anger, guilt, resentment. I don't have to know everything. It's okay to ask for help. I don't have to feel ashamed or embarrassed. I don't have to give power to my addiction. It's okay to be vulnerable. Remain humble.

Absorbing everyone's pain.

Understanding why I had to die. Why I had to let go.

Experienced physical sensations of death, coldness, isolation, sweating, shaking. They said this would be the closest I would come to death without physically dying.

Tall Ships.

Message: "Help prepare for our arrival."

Connected with my Andromedan Guide. Shown she has been with me since I was a small child. Andromedan energy also helped to work through

some of the Reptilian energy. I have so much love for my Andromedan family. It is a connection that runs deep in my heart and soul.

My dad who passed in 2015 came in. Said that God exists in all of us. Said "they took me to God," and that he surrendered and was in pain. I felt it. I experienced what his physical body felt like before he passed, how hard it was to breathe. He said that yes he did suffer and had to let go. He couldn't breathe. This brought me to tears (Note: This release also helped me heal PTSD I had from witnessing the trauma leading to his transition).

A memory of a time when I rode in the ambulance from one hospital to the next hospital with my dad. He had a big hole in his head with a piece of his skull missing after brain surgery. He had to wear a helmet to cover that up and protect his head. Every bump we hit, knocked him around and caused pain. I was in the passenger side of the ambulance crying. He told me to be brave.

I had my Light team all around, including many Angels. They could be there for spiritual support, but they could not interfere with my process. I felt scared and calm at the same time.

Shown my mom could use this medicine, and that I could bring it back to her and other people. It's in me.

Shown how I was a Shaman in other lifetimes and am walking that path. All of us in this particular retreat were here in Peru before in another life. It's what brought us all together again.

Only drink alcohol on special occasions and when happy, not when sad (more on this later).

My home was not Arcturus (I had wondered this previously because these majestic beings began communicating with me months leading up to Peru), but many Galactic beings representing different planets/races were present and

celebrating. They were working together to assist us.

I am connected to the Pleiadians (more on this later on).

I have a Twin Angel. I loved her. She was so beautiful. She is me. We are the same.

Images of Tattoos: Shambala on Arm (Bridge Heaven and Earth), Giraffe on Neck (Intuition), Owl on Chest (Wisdom), The word, TRUST on Ankle (Pleiadian Healing Journey Reminder).

Message to Shave Half my Head (I actually did this later on).

Message: Child within 2 Years (Would later discover what was being birthed was the Starseed Ascension container to help support the "lightning round" of ascension in 2020 along with expanded support as guided).

Shown image of a former girlfriend. She was a beautiful gift to me. My Galactic family planned it. The ceremony I had seen was a celebration of our connection and our work together, but she was not mine to keep.

My Great Grandma showed me I've known since I was young the Truth of my existence and what was to come.

Incas came to me. I had asked if this was just my ego. They said no I need to trust this now and called in others for support. They surrounded me with love and welcomed me.

I can tell if someone is going to die. Should help support their process but not prevent it. It's not mine to stop. Now understanding this can pertain to ego death. I can help Show them how to breathe underwater. As above. As below.

Showed how it all aligned to get to Peru, how everything in my life leading up to that point was perfect.

Everything led me up to this point. There were no mistakes. All part of the beautiful design.

An image entered my mind of a Star Design with an uneven point that I wanted to fix (to make it perfect). I "looked again" and saw that it was already perfect. That was the message. It's all already perfect.

Share my Songs.

Post Retreat 1:

In addition to the incredible healing work in the first retreat, I met the most amazing people who are still in my life today.

After the first retreat, I continued offering readings, energy work and teaching Intuitive Development (Connecting with Spirit Guides, Remote Viewing, Live Channeling, Mediumship, Reiki/Energy Healing and Trusting your Intuition). I felt very blessed and grateful to have a powerful healer rent me her yoga studio to offer these classes. Those of you who took my classes back then felt the magic

of this place. It was so special. A few months later, my readings expanded globally. I was incredibly grateful.

I was inspired to take the Intuitive Development classes on the road. I visited a medicine soul sister and dear friend in Idyllwild, California who helped set me up with a space to teach classes there. She is the reason I moved to California. Forever grateful. I then connected with a studio in Denver and taught classes there.

Finally, I teamed up with another Peru medicine sister who is near and dear to my heart. We were both practicing psychic mediumship and both aligned in creating a safe space and community to explore gifts knowing the challenges we both faced. We had talked about collaborating when we met in Peru, and then we made it happen. She gathered the people and brought her coaching, shadow and trauma work experience and magic, and I brought my teachings to Topanga and later Los

Angeles. Together, we co-created the now global Unleash Your Power Academy.

The Ayahuasca ceremonies had helped me to release and transmute heavy emotional density stored in my body. This helped further clear my channel, and my gifts became stronger. I was no longer storing emotions down below for a rainy day. I was sitting with them, expressing them, observing them and processing them. I learned that if we bottle up emotions to pretend everything is okay when it does not truly feel that way internally, it leads to trouble with our third eye. It manipulates the way we see energy around us causing disruptions to our energetic field. It causes an increase in chaotic and lower vibrational energy. We then question ourselves more frequently. As we move in vibration with love and truth, we carry higher frequencies of light, a clearer channel.

That's around the same time that the Celebrities who have passed started coming

through my channel. It's interesting because I used to dream about this happening before it physically manifested. Of course I thought it was odd at the time. One never knows who might appear, but my daily mantra is, "Only energies of love and light for my highest and greatest good are welcome in my field." I wrote the following in my journal trying to make sense of the experience, "*Keep channeling celebs that have passed? Michael Jackson. Luke Perry. Elvis. Janis Joplin.*" And it continued, Prince. Brittany Murphy. Jessica Tandy. Jonathan Brandis. Kobe. Big Love! The list goes on. With Brittany specifically, messages surrounding her death were revealed to me by a visit a couple years ago, and I wasn't sure what to do with it. It felt important for her to share that it happened hours earlier than reported. She also wanted me to mention the following message, "The Stars have Eyes." All I could do was take the message down like a supernatural admin assistant (an honor I might add) and let it be. These visits still happen today, and perhaps, even more so that I now live in LA

and am tapped into the energy here. There is a much longer list with messages that feel pretty important, and I am frequently tasked with balancing the request of the loved ones who have passed and respecting the family members who may or may not be open to receiving. This balancing act holds true for anyone who has passed, famous or not.

My mediumship readings began to intensify with more clearing of my channel, and I experienced increased visitation from the ETs. I was channeling ETs and loved ones from the other side simultaneously in readings on a regular basis. The Galactic support varied from assisting with the Mediumship connection to providing information regarding the person's star family lineage to powerful ascension messages to providing supportive healing energies. This is why I jokingly and lovingly started calling them *Space Ghosts*.

While continuing to work with my gifts, I felt called to deepen my journey with Ayahuasca. This may not have been possible without the

support and guidance of my Dear Soul Sister who I met on the first retreat. Seven months after the first one, I was back at it.

Pre-Ceremony Channeled Messages:

Don't get stuck in here (my mind). Move the energy here (my heart).

Memory of a Shamanic Medium telling me I am a Messenger/Channeler.

Memory of one of my teachers telling me I can. Always to remember. I can.

Memories of other powerful women in my life who helped support my growth.

Message from my late Great Grandpa: "You will experience a Deeper Dive to the other side in order to better understand healing."

Retreat 2: Ceremonies 4-6

6/2/2019 (Ceremony 1: Retreat 2: Sacred Valley, Peru)

Shown glimpses of sexual abuse from childhood. Reclaiming Power from these experiences. Shown the pattern that followed into early adulthood, rape and date rape.

Reliving abuse from childhood. Wept for it. Heard, "It's a safe container here. Let her out."

Memory of getting physically hurt. I hid for hours waiting for someone to notice I was hurt and missing. I wanted someone to care about my feelings and to comfort me. No one ever came. I told myself as a little girl that she didn't have to hide anymore. It was safe to come out, and I told her how strong she was and even stronger now.

Dad around me during most of the ceremony, making me laugh periodically, trying to lighten up my energy.

When the Shaman came to sing Icaros, I was so mad. The medicine came on very strong at that point. I didn't want to look at the darkness which would be shown during his song, but at the same time, I knew it was necessary. I felt stronger this time. The scariest part was that I saw my heart was closed, and I couldn't open it.

Learning to dance with Shadows. ADHD and Distractions. How to learn to be friends with them. How to turn toward them with love.

The key in 3D is to focus on your own energy field. It's okay that I care about other people's fields, but I need to shift the focus back to my own Divinity.

Understanding and awareness of what's mine and what was other people's energy. Seeing and Feeling how it felt when I used to live in the water world. It's a #soulmemory. Don't let it fade.

Purging another layer of self-doubt. Puked snakes in the bucket. Image of me going in the mouth of the snake and coming out of the tail. Symbolic of rebirth.

A new star is born everyday.

Dancing with light. My shadows feel dark. Shown thoughts that were only my thoughts and misbeliefs about what other people thought of me (judgment, etc.).

When I come from a place of strength and love, light shines in. Shown the beautiful design of it all.

Neoplasm. Healing.

Horse Connection. Galveston. A Dead Horse. I could feel it. Connection to pain. We feel each other. All living creatures. Humans. Animals. Plants.

The word, Ecclesiastes. Mystery.

Visited with Arctrurians again. Had to hold a lot of light to get there.

Shown things I love, and how I sometimes focus on things I love too much. I can focus on things I love, but I should not become attached.

Cutting energetic cords from my mom.

Wept for the cats that were abused by the neighbors when I was young.

Image of a hose that was clearing my energy of negative spirits. Pink energy.

Don't have to write everything down. Info will always come when it's ready.

There will be a heatwave coming.

6/3/2019 (Ceremony 2: Retreat 2: Sacred Valley, Peru)

Orion can help Master the Gates.

Power Light. Liberation Reminder. Connection. Archimedes. Love. Whale Shark image. Whale represents blessings. Shark represents fear. Moving through fear to arrive at blessings. The whale shark doesn't have to be feared. It's gentle and adventurous and is a key to abundance.

Orion helped to orchestrate this experience. Andromeda I came from. Arcturians friends. Many allies working with children. Need to hold light. 2 Archangels holding Gates of Solomon. Shown there were some Galactic memories I could not yet access due to Divine contract. Permission to show one memory was granted. It was with my mom. Felt unconditional love. Dates back to many lifetimes ago. Shown I needed to see my own Akashics. My directness comes from Andromedan roots. Helped me understand who I am/why I am. Showed me in my power, beauty and light. I was an iridescent color at my highest vibration. When darkness comes, it instantly transmutes to light as it touches me. Arcturians and

Andromedans working together (and others) to help support healing.

Went through a time of addiction and short cutting to light and the difference of how beautiful it felt going the other way. It felt so much better without addiction.

How to work together with shadows such as paranoia. Shown on some levels there is truth to it, the feeling of an "eye in the sky". We are being watched in a sense. Other times it is in my own mind.

Shown image of a Matador guiding a bull around him! A message to think of the process like that. You aren't summoning the dark. It's already there. You are simply guiding it to light.

Stay in my power. Can't kill my vibe. On a higher level of consciousness, described as "rising above" to higher levels. Astral projecting. I had to leave my body with the understanding I could do this while staying anchored into the Earth. At high speed I will

integrate. Received new light codes during the Icaros that I will now carry with me.

Pleiadian energy present. Shown that last time I was in Peru, the Shaman gave me tools to help me heal others and now was giving me another tool.

US Government. The Galactics seemed to be angry about our Government. This felt like a broadcast over the airwaves reaching my receptacle.

Awareness of how much spiritual support was present in the room. Ascension guides help with energies from the "other side." They help me channel.

Gratitude.

Brahman.

Purged something nasty before one of the Shaman came to sing to me. It was essentially looking straight into the part of me that

feared love. Instead of being fully open to receiving, I tried to resist and send love and light energy, except I received it back anyway. Her strongest message in this set of Icaros: "This is how you hold light for yourself and others." I needed to both receive and give. That was a big one for me.

She removed a giant exoskeleton off my back, many layers of a shell. When she Touched my heart it let light in. There was so much love in the room. I could feel it all. I felt so happy my heart was open.

Continuous reminder: It's important to laugh and have fun during the process. Helps keep light.

I have to look past the dark to see Arcturians.

Soul Mission: Anchor more light to planet.
Needed for them to come.

Feeling that it took a lot to communicate on that level. Took tremendous trust over fear.

I feel more love for my guides, and one of my Andromedan guides. Some kind of Grandparent relationship. I am to share these experiences. Sacred Divine Contract to help heal others.

New kind of children here. Will need to help them in whatever capacity I can. Love is Key.

Speak and share my light language.

A knowing that some memories are false implants artificially woven into our thread. Shared pain. Things that cloud my judgment.

The memory of truth and love before the darkness was so intense, I could not handle it. I purged. The reminder of the separation from oneness and unconditional love before this existence was too much for me. This was deep. For I (and we) have suffered great loss. So much Divine energy present helping to support.

Encouraged to explore different realms of consciousness. It's multi-layered.

Went to one place. Heard don't spend too much time there. Go somewhere else. Went to a place with a Bee Hive. Honey colored. Honeycomb shaped.

Giant heatwave is coming toward Earth.

Heal the Healers and unquestionable matriarchy reminder.

Cat Beings. Cats. Galactics. Lyrans and Sirians present.

My light has to burn brighter so others can find me.

6/3/2019 (Ceremony 3: Retreat 2: Sacred Valley, Peru)

Signs to Remember: Starfish/Beartracks.

Star magic. Orion.

Dendrites. Healing.

Understood my life from before birth.

What I signed up for, why everything happened the way it did. I understood at higher levels and still do. It's okay to let people in, in a way they can understand what I see. It will become more clear, the way I communicate. I saw the power of the medicine. Everything was very Shamanic. I had to understand how to be in both worlds at the same time, and how to come down. Not everyone can see their own light, and it's not up to me to push it. These gifts come with tremendous responsibility. Shown how to connect with people. How to move closer and let them in. Shown how a former partner's life path was beautiful as is, and I should see it as such. It's part of the healing I needed in Peru, so I can make peace and let it go. Ancestors removing blocks that I don't need anymore. Shown why I needed them before, but the guides/ancestors needed me to move on. They said I asked for help. Shown

that I have reached a point on my journey where I could no longer move forward on my own. I came for help. I needed to allow the Shaman to access my memories so they could help me. They helped me see my shadows and things held from the past, along with all the sickness in my body. It was no longer a request. If I didn't release it, I would be very ill. It was cancer. I released it and healed myself (with their support). I am being told I have healed myself of cancer before. I have been sick many times unknowingly. Some of it inherited, some due to experiences, some due to lack of self love. It was time to forgive my ancestors and the generations in the family for abuse. Ancestors showed me their faces come in many forms. Just like after birth, I was told I would forget much of the knowledge I received in this ceremony so I could continue my human experience. It's inside of me. Some shadows were telling me that people could lower my vibration. It would no longer be possible with the amount of light I can now hold. In order to do this, I have to stop trying to push others through ascension

faster when I need to honor their timelines. A person in my life with a hidden gift I overlooked. I projected things onto him, when he had good intentions. Not to let opinions of others prevent me from speaking and living my Divine Truth. I am to step up in my power, look them in the eye and say, "this may not be your truth, but it's mine." Needing to let more love in from the Universe. The Universe will pamper me. Showing me how to take time to rest after periods of hard work. Receiving an Icaros or new song. Asked if it was true. Shown how doubt dishonors ancestors.

Generations of Grandmothers stepping aside to lift negativity that came with my family imprint so I can heal. Releasing the idea that I had a mental illness and the question of if I was crazy. That thought lives inside of me no more. Felt another cord cut. Puking cancer. Felt like a spotlight was on me, as if everyone around me was waiting for me to purge. I was purging to remain humble and vulnerable. The design was so beautiful.

Challenge coming back in my body. Challenge anchoring in.

Needing to release my dad's energy. Not to hold him here anymore with guilty thoughts such as what if I could have done something more? And what if I knew back then what I knew now? Could it have helped?

Will be able to see and think clearly now. Can speak of love. Felt how my vibration feels in my highest light. Felt so amazing. Shown my thoughts get in the way. Needed this energy clearing for the children. New kind of children. Had to let go. Major shift to being aware of everything at once reminder coming through. Like watching a million TV screens. Healing financial karma. My old body died. I am leaving it in Peru. I am not the same. I have a new light frequency. I had downloaded codes that were not ready to be activated until now. Exploring sexuality. Feeling my power. Feeling good. Softer now.

Laughter and FUN super important. Purged my own evil. Can't bypass that part of the process.

Post Second Retreat:

After the second retreat, plans continued to fall into alignment. There were challenges I faced with integration energies, but I knew deep down I was equipped with the tools to shift and forge ahead. The energies oscillated between waves of cosmic bliss and waves that took me to the deep dark depths. And there were Earth teacher reminders. I recall a gal I had dated coming forward to share her reflection that I did not deem myself worthy of being loved. I challenged this at the time, but ultimately she was right (more revealed in retreat 3). Lessons and Blessings.

The blessings, signs and synchronicities led me to Idyllwild and Los Angeles, California. I am so grateful to have had so much loving support from the amazing women I met at the retreats and other amazing people who I

connected with during this time. The Unleash Your Power Academy launched that Fall, and I met my partner after doing a love manifestation ceremony. Shout out to my business partner for making me take inspired action on that one. Even though life was starting to feel really good, I followed a calling to sit with Ayahuasca again. It felt like the shifts needed to accelerate. Thanks to my dear soul sister who recommended going in February 2020 instead of April, the timing could not have been more perfect.

Retreat 3: Ceremonies 7-11

2/21/2020 (Ceremony 1: Retreat 3: Dominical, Costa Rica)

Introduced Noya Rao into my dieta. Noya Rao is known as the Tree of Light in Shipibo tradition. First part of journey was all fun and joy. Journey of Life (and some truths I would forget). Have to build a golden grid in space. A new vessel.

Trauma: Higher level of consciousness. Another dimension. No need to escape your body anymore. Inner child. Fun. More light. This is where we told you to go.

God is calling my upper soul. Received and accepted a gift of light. I could pick any color I wanted. I chose a blue/green color that shined Indigo. I was royalty on another planet. Andromedan Past. Pleiadian future.

So much love and light. A LOT of LIGHT.

Another Home Planet, letter N.

The medicine guided me to get water. I had none, so I sat there thirsty. Showed me where my light shut down. Where it was hard for me to ask for something I needed.

Icaros came on strong. I was ready and more prepared this time. I knew how to ground in. I was strong enough to balance.

In a different level of consciousness now. Cutting more cords with my mom. I am not her. Purging my evil again. Someone dead coming out of me and leaving. Another rebirth.

Part 2 Icaros was strong medicine. I surrendered and allowed myself to rest. All of these things I am surrounded by, they helped me to remember who I am. New me now.

The name Anissa came up (name means friendly, lovable). My question. Am I lovable? Burned the old story of this unlovable me. No longer

needed the old thought patterns. I couldn't remember them anymore. It made me smile.

Had to purge and this time not through my mouth. Felt embarrassed at first. Thought someone followed me to the bathroom. So much humility. Thoughts like, "will they hear me?" And "Am I taking too long?" Then I became aware that there was no reason to feel embarrassed.

A lot of Sacral and Root Chakra healing.

An image of a photograph of a carton of milk that said "Leche" from a previous trip I took kept appearing in between heavier parts of my journey. It was so random, it made me laugh. Represented the things we think are funny, even if others don't understand our humor. And it's all good.

2 Planets coming in.

Angels present. I did not reveal all of my Divine Truth. I needed to call.

I will be needed on other planets. It made me feel like I failed Earth. Did I fail my mission? Felt confusion. This would later unravel as being self-conscious, having negative reflection patterns and learning how to look at things from different angles. I needed to let go of fear and worry that I messed up and come back to love. I am also to remain aware that it could be a beautiful calling, these future soul missions.

The Truth Bringer.

Don't have to push it. Trust truth will be revealed in time. Gifts to share and new ones too.

Saw a Pleiadian. Felt physical presence and energetic. The way I saw it almost looked like an Avatar. Said that's how my mind needs to see. This presence helped me release anger through my tum. Was instantly transmuted by the energy.

Saw one of the Shaman healing someone's
sickness next to me. It felt like terminal
cancer.

Don't let my thoughts linger. Just trust. Had
to let go of thoughts where I was trying to
almost punish myself or make myself feel
guilty. The thoughts would try to justify why
I should feel bad.

Had to turn toward shadows to transmute fears
and do it sober now. That is why I numbed
before.

When I was younger I knew I didn't belong.
They chose me to come, not the other way.
There were other galaxies that needed healing.

Not my friends. They are my family.

Time to be rewarded. Black Panther.

Needing more light.

A bright light flower or plant growing in my throat/mouth as my new vessel emerges.

We are One.

Carried too much world pain.

Needed me to retire early.

Back to Peru in future. Support sisters there.

Asked Angels for guidance on journey. I needed to understand the impact to our vibration when we first drop into our bodies and to remember how we return to our original template.

The kids are all God's children. Today shown image of me being pulled to the sky upside down on a cross. A coin drops out of my pocket. I catch it. It says, "You win."

2/23/2020 (Ceremony 2: Retreat 3:

Dominical, Costa Rica)

Shifting to a new level of consciousness, a higher one.

Clarification of thoughts/ancestral energy that block love. Instructed to "send the people back" by transmuting with all of these beautiful colors and coming at it from a place of love and peace, instead of trying to attack these parts. Partner helping me hold love. I was concerned about her own healing, but she needs to ask. I can't just try to do it. She helps me to remember.

A Shaman showing me we are the same.

Saying a prayer to Noya Rao for everyone in the room.

Calling on golden light at a specific moment to send out. My journey continued until 5:00 AM (after the official 2:30 AM closing of the ceremony). Then I had an instant release/purge. I had to continue so that I could understand what was releasing.

More questions bring more answers.

Cygnus, they help me to remember.

I have many gifts and see so far ahead. I am being asked to step up.

Retreat 3: Ceremonies 7-11

2/24/2020 (Ceremony 3: Retreat 3:

Dominical, Costa Rica)

Archangel Michael present.

I asked how to see God? Answer, "Don't look the other way."

I was filled with so much light. My vibration was rising at a level that felt both unfamiliar and familiar at the same time.

God's Gift.

Enters through light.

And we shine that light on others.

Angels present.

Felt Angelic realm vibration.

Our greatest teachers, our Earth Teachers, Celestial Teachers, Angels. They are all around.

A past life to heal. Opening the access. In the memory, I was instructed to kill someone, or else I would be sacrificed. I had done it. I could have chosen differently. Gift of moving through time to make a different decision and observing the new outcome as a result. I chose not to kill, even though my life was going to end for making this decision. It felt healing. I must use gifts wisely.

Accessed 7 Layers of Consciousness.

Experienced a memory of dying and accessed a place where we go to remember it all. Our life. Our wisdom. Who we are.

I am in another realm of consciousness. I looked demons right in the eye this time. They can't exist in the new realm.

All I have to do is remember and love with an open heart. There is a Boy with a drum. He is a little boy I am teaching. My son.

Palm Desert area has been barren for too long. Needs more light. Light workers will be called there to lift vibration.

Light containers are our bodies. My homecoming and a new vessel of light.

Don't have to react with anger. You remember now how you have been there before and forgot your light. A reminder to have compassion for others, knowing I have been there too.

Asked permission to access new Earth memories. Granted.

Rather than the painful memories, shown a happy one. Mom holding me as a baby. Happy. Smiling. So much light now.

I won. Don't stop people from making their own choices. It's an opportunity for acceptance

and unconditional love rather than fear and separation.

In Peru, I had a similar experience, but I couldn't remember it all in ceremony. I remember now. That was somehow part of the plan. To represent knowledge we carry before birth and even when younger. Then it disappears until the planned timing.

Earth Angels will help me walk along the greatest teachers to help support my journey.

Surrendered. Dropped body temperature down by 2 degrees because of light frequency.

I can see people now. I can look into their hearts and see their light to remember mine.

How many times will I experience an ego death in this lifetime? So many over lifetimes and lifetimes. This is the first where dying before we die is a normal part of the process. New gifts coming in.

Gift of time. Use it wisely. My soul was so thirsty for water. Soul will be called away from here one day. Part of my purpose. I am not to abandon it.

I had to get up and use the bathroom during the ceremony. Heard voice saying, "We are so proud of you to get up and walk after your own death." This was big for me because of the heaviness of purging in past ceremonies, there were many times I was unable to "rise up" physically. Despite the positive message, getting up to walk to the bathroom made me feel rude like I was disrupting everyone (even though it's totally okay to go to the bathroom during ceremony). I had to release the self-judgment and allow myself to honor my needs. And I needed to pee!

Archangel Michael present making jokes, lightening up the mood. Said it was time to Celebrate!!

I experienced what I felt when being in my light, and I "allowed others" to dim it, except the truth is that it's not possible for anyone else to dim it. It's always present.

The answers just come, and I trust it. No longer do I have to think about it. Thinking about it disconnects me.

There is no room for worries. Worrying and panic when I thought the Universe wouldn't deliver. It will sometimes take you to the edge of fear to the point you think you have to take the wheel and take action with force. This is the vibration of fear. If you can master patience and trust, you will be shown how to release fear.

Welcome to abundance.

Felt so much gratitude for my fellow medicine and soul sister. Could feel her love in vibration.

Gunshots from a past life that had previously haunted me. Transmuting the energy. I play with the angels now. Healing so much of the past to lift vibration. It's wonderful.

Shapeshifting. A tool I have used.

Dad says tell mom about my experience.

A message to my partner. I'm sorry I didn't see you before. I see you now.

"I just want you to love yourself the way that I do, the way that I do, the way that I do."

Astral Projected to another medicine sister temporarily to help support entity removal.

Archangel Michael showed me a light memory of me and dad, me walking with him, me smiling when I was little, and the way he saw me through one of his memories. Made me happy.

Everything will make sense when it is ready to be revealed. Don't spend energy trying to figure it out. Example. Mermaid Man?

I am Love. I am Kind.

How much pain I felt for others and how it was a great challenge for me to find my own light through this process.

Thanking all my teachers, the many who walk among us.

The moment my mom's water broke is the moment I entered my body.

Connecting with 12D.

Truth brings more light into the soul.

Time to celebrate 1,000 lifetimes of forgetting our light. Remembering now. Recalling light and soul purpose.

Freeing all the people. Dancing in light before it dimmed.

(Freeing the people represents releasing prisoners of the mind. Controlling thought patterns. These can be ancestral thought patterns that cause harm to ourselves by holding others in lower frequency energy, with emotions such as guilt, jealousy and anger. Rather than harming others, we inflict it on ourselves. When the prisoners still exist, there are lessons that have not been seen yet. Once they are seen, we can set them free through understanding, forgiveness and love).

No need to go home anymore. I am already there.

I am not drowning. Transmuting daily.

There are no secrets here. Share.

Thank you for the light, love, and kindness in my heart.

New Smyrna Beach. A Future event.

Grateful.

Dear Angels,

Thank you for showing up to support me. Thank you for the reflections and teachers. Thank you for helping me to remember my light, my home and my gifts to share. Thank you for taking me to deeper depths within my consciousness.

Family reunion.

Heaven on Earth.

Dream like State.

Wake up the Crowd.

Channel Everyday.

Channeled Message Feb 2020: Sound Waves/A
controlling worldly presence/Apartheid/Lights
go out in the city. Masses: Blanket of Illness
and Riots.

Retreat 3: Ceremonies 7-11

2/26/2020 (Ceremony 4: Retreat 3:

Dominical, Costa Rica)

Universal Mind Creation. Deeper than I have
ever gone. Experienced one consciousness.

Love vibration. Held it at birth. Carried it. Kept forgetting prior to this. My light and how not to let the dark consume me. Yet, it was how I found the light. Experienced the Love we return to and why I have only felt it in small doses.

Hold others in it. Helps you access greater levels of light. Saw how I impacted people with my light. Remember my power and light.

So much respect for our Shaman in the process. The faces of the souls of the many. Anchoring in Light. Everything was vibrations.

Liquid Light energy.

My soul was so thirsty for light. A friend holding vibrations of love for me and what that took when I was venting in the past carrying a lower frequency.

Farthest I have gone with the medicine so far. Farthest I have gone on Earth in my Ascension.

Took many deaths and lifetimes. Many battles with demons. Shown each level, each deeper level and how more light is required to hold the frequency.

Shown all the places I lost it (drugs, alcohol, desires, temptations) and why I had to forget so many times until now. Anchoring more light now.

Shown how everything in between my last round of ceremonies was part of the medicine journey designed to get me to where I am today.

Memory of a frequent image I used to see during Angel communications. It was water being poured over my head to cleanse my mind. Then the image switched to the Shaman pouring water over my head during a floral bath that took place earlier that afternoon. The point was that it was connected.

Had to access greater levels of understanding through higher levels of consciousness to support this transformation.

Bird Beings present. Thoth. Blue Avians.

Creating future with high vibration. Seeing it in mind first. Key.

Shown our power to create reality and also how our minds can trick us. It can make us believe the illusion that we are powerless to change our reality.

Things can attach to you in the darkest moments. Hold onto the love vibration with all your power.

Suppressed anger from feeling like my soul family left me. Released it.

No need to react out of fear or anger, now that you remember light.

Allowing others to play out their journeys. Remembering power. Boom!

Shown where I could be more vulnerable.

Shown this beautiful place in my mind. It starts with an Image first and shown how I will create it. Image was: Pillars. Man walking. White. Ocean. Felt somewhere warm. Future event I have created.

I saw beyond the veil.

Post Ceremony Channeling

Do you remember the vibration you carried at
birth?

Somewhere along the way you forgot your worth.

Now it's time to remember your power and
light.

You had to know darkness to remember how
bright.

You shined before
All the trauma and pain.
Now it's time to unlock secrets
And dance in the rain.

And after the rain
Well here comes the sun.
The truth you now know
In your soul, we are one.

Retreat 3: Ceremonies 7-11

**2/28/2020 (Ceremony 5: Retreat 3:
Dominical, Costa Rica)**

We can heal ourselves with our own light. Saw the challenges that makes it difficult to fly. Archangel Michael behind me, then in front of me during Icaros. Making jokes to make me laugh and help transmute energy.

Cat Beings coming in again to say everything is "Purrfect." It always makes me laugh.

Shown my Andromedan past. I should speak of their light too, even though they work with my shadow side to help bring awareness.

On a ship with a crystal.

Image of a Sirian and Lyran energy, then an explosion or crash landing that happened in my past. Some parts foggy.

It has been hard for me to speak bigger truths because I wanted people to discover their own truth. Now I must still speak big truths. Even if some don't believe me, it's okay.

Shown why I have been scared of truth from other perspectives. When I was younger someone forced me into something with abuse. I don't like to feel forced. I wasn't made to feel like I was believed after this occurred. That feeling is painful for me, so I must release it.

I have been scared to share because certain parts of me were thinking I will be punished due to past life experiences. Not sharing my full story does not carry my right vibration of love and truth.

Thoughts, words, actions all come back to us. Must choose wisely and stand in truth, even if I am afraid of others' reactions.

Female Andromedans everywhere working with this to help remind me.

Toward end of ceremony, I was singing with everyone and observed how unfamiliar it felt

in this Earth life to be loved and to accept
love from others.

Image of Red Hawk.

Let love in.

I've been punishing myself for the past for
too long.

This process is where I have gotten lost
before in previous ceremonies. I know, and I
accept what I feel as truth. I don't know what
I don't know, and I accept that as truth.

The message: I must learn to trust what I
don't understand. I MUST LEARN TO TRUST WHAT I
DON'T UNDERSTAND. This message wanted to come
through very strongly.

Any thoughts that slip, making judgments, etc.
I can call them back to the light.

Message during ceremony to include in future
writing: Focus on the love and light accessed

through dark, not the war between dark and light. Unhappy sky people.

Coming into my authentic self. Other parts falling away.

Training my sonar ears. How to block out the noise.

Don't have to turn away from others' pain. These are my new light codes. Remembering. Let it fall away not apart. 12D keep love there.

Sovereign powerful beings. Teaching people tools to help with changes and energy through the process.

Saying: On your mark, get set...walk (instead of "go" at high speed). It's okay to slow down.

Post Third Retreat:

This was my third plant medicine retreat. I keep coming back because of the massive shifts

that have occurred after each retreat. Before I began, I was in a pretty dark place. I have awakened to so many beautiful things inside of me that I had forgotten ever existed. Through the healing and teachings of the medicine, along with the support of my Shaman, two loving souls holding space for it all, I was able to anchor in more light. Coming from a background of abuse and addiction, I no longer struggle to feel the love inside of me. The truth of who I am. This is where the spirit of the medicine has taken me. With love and gratitude,

Jamie Vos Love

Covid hit shortly after returning from the third retreat. I was quarantined with my partner, and it started out with a bang. Talk about the ultimate integration. Forced to sit with yourself no matter what. During this time, I fell back into old habits and O.D.'d on a dangerous cocktail including oxycontin that my partner had for her wrist surgery. I took this without her knowledge. While I was

under the influence, I wrote some messages that I do not remember writing. I wrote that I wanted to come close to dying, and that I needed to remind myself of how I once felt to help others. I felt I still needed to be here and to share my story. This experience wiped me out for a little more than a week, which frankly was a huge shift for me. It was in and out of my field very quickly. It was challenging for me to not be able to run away, but sitting with the emotions was so freeing. I only received love. Another piece that came out of this was how I felt scared to remain in the frequency of joy, which I was very much feeling joyful before this all went down. My fear was so deep of the joy being taken away, that I thought I could sabotage it and spare or control the pain that I perceived would follow.

This inspired me to dedicate the next part of my journey to connecting with Joy. And although 2020 was challenging, it was one of the best years of my life. I worked on remaining connected to Joy during the

“lightning round” of Ascension, a period when a lot of the deep shadows surface to be revealed, both individual and collective. It’s as if you can feel every part of your fractured soul come through for healing and unification. It’s a defragmentation process, and there were cool downs periods that were required so that our systems did not get too overloaded. My inspiration was to stay connected to Joy in the midst of chaos and help others do the same. I wanted to extend all of the love and support I had received to others. That year the Starseed Ascension soul family container was birthed to help support each other during what can be a challenging process.

Shifting the focus to the vibration of Joy and giving myself permission to be happy was life changing. In early 2021, I received the call to sit with Ayahuasca and Noya Rao once again. A calling I was happy to accept. It was a great time for me to slow down, go within, take time to play and see what wanted to come through the medicine. One thing I learned from

previous rounds was to not rush back into your normal "routine," only I didn't historically take as much time as I could have to transition from retreat mode. This time, under channeled guidance I received, I had a new plan to ease into everything. That took trust, and it felt good.

Rather than only taking 10 days off for the retreat, I stayed in Costa Rica for 6 weeks, only honoring prior commitments. It was fucking amazing. Right before the retreat, I had the honor of being a guest on the Busy Phillips is Doing Her Best podcast. It took me out of my comfort zone a bit, and it was so much fun. Busy and Caissie are both incredible.

Two days later, I was on my way for the next round of ceremonies.

Retreat 4: Ceremonies 12-15

**6/16/2021 (Ceremony 1: Retreat 4:
Dominical, Costa Rica)**

(Dieta with Noya Rao)

My soul in this human body was growing tired again. I was hungry for more light. I had been cut off from my song for too long. Shadows and Entities cutting off joy. It took a giant leap of faith to start this journey and trust to continue. *A portal supported by the Pleiadians opened up for me to travel across dimensions and access higher levels of consciousness.* I was hesitant to proceed, but I was reassured that it was safe and that the Shaman had me anchored. When I astral traveled through this portal, I had to take slow, deep breaths. I then saw a beautiful place full of colors and geometries that looked familiar yet very distant from my memory. I heard a voice that sounded like it came on over an intercom and said very loud and clear, "Don't you even recognize your own home?" I was then immediately transported back into my body. I knew that this place represented unconditional love, and I was trying to find my way back

home again. *It's part of the reason many of us feel so lost on Earth where there is separation and love based on condition.*

In order to access this place, I have to keep connecting to the joy frequency with laughter, fun and light.

I put on gold shoes to "leave no tracks."
This pertains to Astral travel and dream work.

A Whale with a light shield symbol and codes comes by to offer me.

Arcturians came to visit.

Felt like I was levitating at times.

Increased vibration.

Letting go of anything not connected to a light source (dissolving).

Enormous gratitude for all architects of this co-creative experience.

I had a monumental purge of negative voices that I had internalized from a young age. It was the voice of someone close to me cutting me down and closing me off to the world of

possibility. Those voices had become a part of me.

There was an entity removed and an ancestral pattern being transmuted. I then saw a beautiful image of my mom receiving unconditional love pouring into her vessel.

Message. The medicine is stronger than any pill. Remember.

Kobe Bryant came through for a moment. Says there will be more messages. *He has come through my channel multiple times.*

**6/18/2021 (Ceremony 2: Retreat 4:
Dominical, Costa Rica)**

Received a Massive dose of light medicine. Kalamatoo was the name of my home.

It was a House filled with light, with a Garden and Apples. I Made it Home (which I can always access internally with Heart/Love).

Light Integration.

Easier to navigate energies.

Reunion with a Dragon (so beautiful). Another magic I didn't believe in at first.

"Stand Tall In Your Light" on repeat. I need to remember. Reunion with Family in Light House. My dad, Grandma, Great Grandpa and Great Grandma were there. Other people there too. It felt no different than sitting next to people who were alive. We had a nice conversation.

Rebirth (No more Blues).

Osiris. Death of an old version of myself.

Felt even bigger this time.

Butterfly. Transformation.

Saw a Star Being/Crystal Blue Eyes/White Frosty Hair.

A big Angel Present Helping. Said I didn't need to know a name this time. I didn't need to name the energy, just to trust the Angel was assisting and to keep my light radiating.

Slow Speed. Everything moving super slow. Beginning to learn how to move time. Not afraid of shadows. Can still hold my light. It's all within. Time Jumping and moving across many Dimensions.

Don't have to hide or keep hidden.

Zancos and Mo. These are two very happy memories. I can access these memories whenever I start feeling off balance to Bring my energy and focus Back to Love.

This was a continuation from previous ceremonies. How to hold light (Mo is my dog that had passed in between retreats and Zancos is a memory of working with kids in Costa Rica).

I love my reality. Need to Shine Bright in it.

Bring the Light even when people are busy doing their "homework" (working on their own shifts to love). Saw colors I have never seen before.

I bilocated and visited my partner. I could shapeshift (I became a bug) in real time and feel her energy even when geographically there was distance between us.

Ceremony took a lot of holding light. Almost puked when it came in and dropped into my body. It wasn't a time to purge. It was time to hold the light in. I don't have to pretend anymore not to know Truth. I am confident, know and understand.

Brain felt fried as if massive light energy was reworking it, healing neural pathways at high speeds. I could see rainbow lights running through my brain.

Sekhmet energy and many sacred geometries and imprints being shown.

Use my Merkaba. Quit Questioning. Allow us to arrive.

Symbol with Diamond center and two smaller, connecting diamonds.

Connected with Tree of Lights Energy. So beautiful.

Then Saw Light Outside and Darkness within. Represented me and areas where I needed to fill with more light.

Serious Karma Dissolution. Ancestral and Galactic Karma. Orion. I have been thirsty for more light. Only energies from Light are now allowed in my field.

Two Moons. A place my soul remembers.

Lyrics playing similar to the song yet different: "Joy to the World. The **Light** has Come. Let Earth Receive Her **Peace**."

Sending Light to clients, my family, and my Partner.

All of God's Children are Precious Cargo.
Sending and Reflecting Light back to everyone.

Tree of Life Symbol. Butterfly Image. Trident Symbol.

Clearing fast. Need to clear more density for the children.

There is always light behind a door. Don't be afraid to enter.

David Bowie popping in for a second.

Time could slow and bend.

Selected a Big Book in the Hall of Records. I was able to look at it. A knowing of its Power and Healing Purpose but not a conscious memory of exactly what was shared within. It was wisdom and a message to trust my soul received what it needed to.

6/20/2021 (Ceremony 3: Retreat 4:

Dominical, Costa Rica)

One with God and God in Me. Saw God in Me. So much love and gratitude in my heart.

They taught me how to dance. I learned how to dance. I became one with shadow. Allowed more light to integrate. Went through many layers, many experiences and emotions. I could keep holding my light no matter what came up. I could go deeper than before. I created it all. A hand guided me and showed me it was my own hand creating.

I merged with a Divine Light Being. The energy will help me to nurture myself more. I am this Light Being.

I come from somewhere else, a hybrid of sorts. There are many shadows and distractions serving as reminders, helping us to remember. I know how to recognize them now because I have been them all. I am them all. I know how

to recognize them and smile. Dissolving mass fear. Continuation of previous ceremony, continuing dissolution of all things disconnecting me from light. It is all one. That is important for us to understand.

Multiple personalities exist from many dimensions for those of us who can pull fragments across time and space. They can merge.

I need to continue focusing on my own Divinity, not everyone else's. I was shown how much my energy expanded, and that I was so tired. So, so tired. I was becoming tired again in this human body, even though the last couple years have been the happiest of my life. The message came through loud and clear, "Don't you dare go back to sleep."

Shown how I have known how to read energy for a long time, and told that's how I was able to make it this far in the process. This is when energy came up, a part of me that wanted to let go of caring so deeply for others in a way that I carried the energy in my field. At

first I couldn't let go. I had to grow stronger in keeping the focus on my own Divinity and even if I support people, I have to be okay with allowing them to move through their own experience. To honor it and let things be knowing I can't be a martyr and try to save everyone. I had been working on this for a while, but it took some time.

Showed me how I had a hidden part of me, perhaps my inner child afraid to come out. The part was afraid of escalated conflict due to getting hit when younger, so I had been protecting and hiding her. I gave her a badge of honor for helping me this far on my journey, but I was safe now. It was okay not to hide. This allowed more light to enter my vessel and continued to fill more "cracks" with light. I was so happy and joyful.

Brief encounter with Archangel Gabriel showing me my etheric wings. Reminding me (not in an egoic way, but a very humble way to keep sharing messages). No reason to ever put a mask on. Be you.

Continuing to get better at my landings.
Landings mean coming back into my body to
anchor. I call them my "Air Brakes."

There were many light beings (Angels, ETs,
Ascended Masters, Guides) all working on my
neural pathways some more. My brain felt
fried. It felt as if I had so much more light
coming in my head and my body was expanding.

Celebration happening. Received a blessing
from my Dad that some karmic work had been
completed. Handed me Gold and said I never
have to worry about someone else taking care
of me. I'll never have to worry about anything
again.

Starting to feel very strong and confident!

Then a reminder came through that I am humble,
I know humility, and I can fly. I have been
ground level like the belly crawler insects
and have soared great heights like the Eagles,
Hawks and Condors.

I am to always create from a humble heart.
More light codes downloaded. Repetitive
reminder to Celebrate.

**6/22/2021 (Ceremony 4: Retreat 4:
Dominical, Costa Rica)**

Magic birthed. Time Slows. Funny and Powerful.

Grandmother's Voice (the spirit of Ayahuasca).
Respect. How to recognize my own voice.

Sonar Ears. Training to hear certain
frequencies and tune out other noise. Past
training could not have prepared me. I came
here to learn, train and teach (they are saying
to teach). Shown the power of the medicine. In
awe of the continuation of the unfoldment
process throughout the entirety of ceremonies.

Pleiadians helping support.

Freedom. Most freedom we have ever had is
coming.

Share love and gifts.

Keep Humor.

Keep seeing The Light.

"I can see the light in you. You can still see the light in me (when we witness each other's shadows or disagree, a reminder to keep seeing the light)."

Collective Culture. People need to get together.

Goodbye old world and old friends. Hello new worlds and connection.

My heart can travel safely as far as it desires. It knows it's name now.

It's name is love.

I can call it back to me whenever I want.

No more bugs and creepy crawlers.

I now only see light with this medicine.

I can leave that old world behind.

I am stronger now.

Alchemy takes practice.
Focus, Light, Travel. Traveling light.
Practiced in Ceremony, my training ground.
Light Travels so Fast.
Could see Sound.
It raised vibration.
Elements are key.

Thirsty for light.

MY care is in my hands.
I Trust, I Trust, I Trust.
I must Trust myself.

Shown reasons why I didn't Trust before.

The new gifts are not to impress anyone. They
are just a part of me.

Now I can see doors where no doors were
before.

I can see because of no more conditioning.

That's a GIFT.

Hologram and how to see beyond.

Can see through hologram. Many Colors.

JOY!!!

Still trying to Master Thread Sequence. This equates to healing the planet on a massive scale through frequency adjustment. Amplifier and working with other Sound Arcs. A grand burst of harmony and a Massive wave of healing.

A link between a Sea Anemone and Fiber Myalgia.

God's GOOD GRACE + ALL HANDS.

Need to not drink or do anything that separates me from light to use my new magic.

They snuck in before when I was black out drunk. The Lower vibe energies.

Yet, even when I make choices that don't carry my highest vibration, I am unconditionally loved no matter what.

Key to Remember: Crystal Frequency Chargers. I have to start fresh without conditioning and remember what my Ancient Artist Wisdom Keepers and Gatekeepers taught me.

My vessel needs a lot of water right now. Carry the light. Remember the Freedom. Divine Love and Acceptance. I can choose. No one's voice but mine. I am not alone on this New Earth.

New Voice.

Gave me new tools to see through time. Time Gift.

Respect the Gatekeepers. Let them carve the pathways.

Galactic Forces Stronger Together. Helping dismantle limited beliefs until we evolve to new beings.

Some things I am to share, some sacred wisdom to be revealed to the individual by way of their own journey.

I see the Dance of Life. All of it. Creation and Chaos are all part of life.

Flower of Life Symbol.

Green crystal next to heart. Remember that.

Heath Ledger popping in. Sharing truth.

I have been hesitant to share certain messages that come through. I hold it in my heart until it feels like it will die with me, and then I share it from the heart, with love. It is a gift. I have to keep trusting.

Have fun. Adventurer. Soul Free. Let it bring me joy to know we are creating healing ripples.

Created collective healing. Something with this experience we shared with everyone in the retreat.

Don't need to worry about the opinions of other people. They are witnessed in their own light. I can still see the light in you. Can you still see the light in me? Message on repeat. Keep seeing everyone's light.

Everyone coming into this big circle for healing and to be freed. Using previous soul imprints to create reality by choosing new experiences.

A message to Look in the sky. This time they will mean it. Shown I would see a lightship in the sky soon. On the evening of August 29, 2021 in Idyllwild, California, this came to fruition. I have seen questionable lights before in the sky, but never anything like I witnessed on this day. A giant spaceship was hovering over me, partially cloaked in the clouds. It was enormous, round, and had lights on the bottom and rows of circular windows. It

was just hovering without movement. Due to the windy road, I continued to drive up ahead for a short distance in fear of getting rear ended around the curve I was on. I was in a spot where I could not pull over immediately. When I rounded the corner and looked back, it was gone. This was seen with my physical eyes, and there is absolutely nothing that can convince me I witnessed something that we can explain logically. It was incredible.

5/2/19: Activating Human Integration Code. Sound barrier. Closer than last time. Energy needed. 2/28/20: Beginning to move beyond the sound barrier now. Light travels faster than sound. 6/24/21: Beyond the sound barrier now. (Process of tuning into higher frequencies by anchoring more light in our vessels and tuning out the "noise" or lower frequencies. The light is too fast for the lower frequencies to make an impact).

Ascension Update

Where am I on my journey now?

My Ascension journey continues. I have been witnessing how thoughts impact us from a prudent Quantum lens. It's one thing to believe that thoughts impact our field. It's another to see and experience it in real time and know the degree to which it does.

Incredible. Witnessing areas with more opportunity to reclaim my power. Happy in the process. Happy in life. Feel Joy! Most abundant I have ever been. Taking plenty of time to travel. So much freedom. So much love. So much light. I feel the healthiest I have ever felt. I am about to transition to the "elimination round" where energies that were required to help shift us in certain ways begin to seek us out less. I am working with Pleiadians and Arcuturians to better understand this process, to receive support and to receive downloads of where this is all leading. We have created something so amazing that our energy can no longer be contained within older, denser realities.

Mementos :

Victim Consciousness. When we do not see each other as mirrors. "You are just another version of me that I may or may not see." When we are unaware of our role in the creation of our reality. We aren't powerless. We can choose love over fear. And we fear death as a culture. This can make it even more challenging to navigate the shedding process and come into acceptance of our light and natural healing abilities. We are sovereign.

Prior to my healing journey, I complained ad nauseum. I was very much living in a victim consciousness before Ayahuasca. Blind to my role. Blind to my power. I am incredibly grateful the blinders came off and that I could see myself and others more clearly, through a lens of love. A higher frequency. The power over me became the power in me.

When there is a crisis, there is an opportunity to break old patterns. Through

chaos, we shift from fear to love. We are here to transmute that fear.

Dark Night of the Soul: A chance to examine emotions, particularly fear. Must explore the dark to access the light.

We all have inherited patterns. We inherit the unprocessed trauma of our ancestors in order to transmute it to a frequency of love.

Shadow work is a time to observe our own actions, not to blame others. Accept responsibility for your feelings. Do you know the true origin? Observe first, then we can begin to change our response. Our body no longer begins to respond in a fear based way. Please remember to be gentle with yourself as you go through your process. Non-judgmental observation is very much key, otherwise you can become very drained easily. Keep the energy in a neutral position rather than labeling it right or wrong. Resting and grounding is necessary. Our bodies are systems

that are very sensitive as we clear out our old data. Take care not to overload them.

Judgment creates energetic blocks, whether it's self-judgment or judgment of others. This also inhibits the creative flow.

It's not cool to suppress other people's voices and ideas rather than respecting their Divinity. We tend to think our way is the only way. We think we know best. It's never about which side is right. It's about love, acceptance and understanding.

We can change by focusing on our own energy and radiating our own frequency rather than absorbing the energy and frequencies of others.

Judgement masks our own hidden parts that we fear may be illuminated. The voice of fear can be extremely loud. Listen to the subtle energies, tune into the Higher Self. Don't let it fade. You then begin to feel safe and loved and become abundant creating a different

reality, one that is not fear based. This is reclaiming our God Self, our Creatorship.

Our job is to raise our own vibration, not to do it for others by telling them what to do and how to think.

We can do this by trusting our body and listening to our intuition. We get to fall in love with ourselves. It starts with you.

We are being upgraded at high speeds with the cosmic light waves that have been streaming on to our planet. They are intended to help raise our vibration by helping to clear out densities. Physical and emotional impacts occur when the waves hit pockets of resistance. As the waves advance, they will support us in breaking old patterns. Patterns that have been repeating most of our life.

If we do not transmute, we hold more density as toxic energies in our bodies. This can make us physically ill. Exploring within can provide answers.

By feeling our emotions, recognizing the imprints and transforming them, we won't have to feel "stuck" anymore. We can no longer hide from them.

Once we work through resistance, the energy that once felt super intense becomes manageable. We amplify more light and we generate more power. When it feels heavy, we trust that we are healing and the energy will shift. Energy management is imperative.

This is paramount to help us shift through the massive waves, especially the waves where we feel deep sadness. The death rebirth cycle can feel constant. As a Starseed, I know what it's like to feel disconnected, misunderstood, longing for "home" and waves of not wanting to be here (as I am sure some of you do too). Starseeds often experience feelings of being different and have many incarnations that awaken as they do. There is a deep remembrance of their higher vibrational light. They have unique abilities and have gone through some

very challenging experiences. Now is the time to remember light and activate the healing process to fulfill the soul purpose. You are here to help raise the vibration of humanity, support others and activate the lens of love.

Please know that we start to Master the waves and shift the energy more and more quickly. We begin to return to our authentic vibration. We connect with true Joy! Trust that you are needed more and more each day!

There will be periods of isolation, serious introspection, internal battles, times where there is lack of clarity, frustration, impatience and even lack of motivation. There will be situations that closely resemble an experience that previously resulted in pain. Do not fear. We can shift it to a higher frequency outcome.

These are deep changes that can feel uncomfortable and can be tough on the body. It does lighten as our willingness to let go of our old reality grows stronger. We surrender.

We trust. We flow, rather than force. And our lives change in the most amazing ways.

I believe we have the ability to heal ourselves and to create the reality we desire. Our reality mirrors us. Remember we are creating with our thoughts. Our job is to be our authentic selves, vibrate truth, and to hold the frequency of love by transforming fear. We must learn to trust ourselves and speak our truths, even if other people do not agree. We can experience the rich world we create by living in joy.

As we ascend, we reach a point where as soon as we have a thought, it manifests instantly. This power will grow stronger as we manifest with our rainbow light bodies. We want to manifest love, not fear into our lives. To do that we have to clear out the "noise" and allow the energy to flow freely from the heart to create from a place of trust and love.

Remember...

We are waking up at high speeds. We are sovereign. The Universe always sets us up for our highest and greatest good. You are supported.

We forget who we truly are so we can transform humanity and experience and enjoy life along the way.

We each have a unique code. Together we can rise together. Together we can experience Heaven on Earth. We are collapsing old structures and shifting paradigms.

And it's okay and necessary to explore the darkness. Where we see the most light is not always the place where we need to be. We are Divine Engineers.

The more of us who shift and heal, the easier it is for others to do the same for we help to engineer the pathways.

We will all become powerful manifestors and creators. We will ascend to a place of love and unity.

Share your Magic. Vibrate the Frequency of Love. And have fun! We are all connected. And it's a good day to be free.

"Thoughts of Love Flow through a Free Heart"

Jamie Vos Love